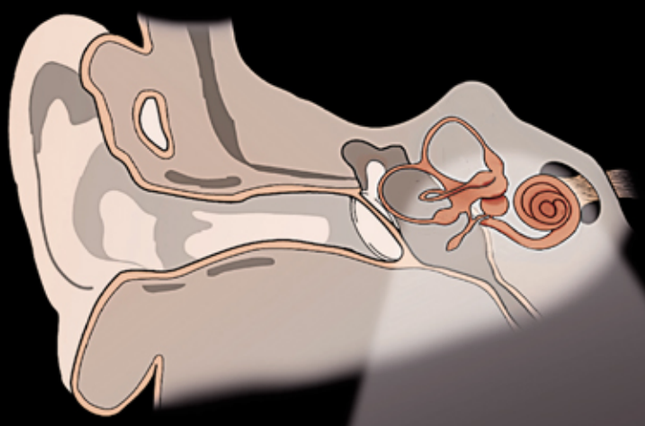
Hear Ye! Hear Ye!

Holiday Spirits May Linger in Your Inner Ear



Alcohol displaces part of the fluid in the inner ear, making the tiny hair cells hypersensitive to any movement. It can take 24-48 hours for the alcohol in your inner ear to dissipate, despite a 0.0 BAC. If you're not sure of your ability to fly safely on the morning after, sit down and put your head between your knees. Rapidly sit up. If you get dizzy or feel sick, you might still have alcohol on board, buried within your inner ear. Remember how it feels to spin and decide whether to take that chance in the cockpit.

Alcohol displaces inner ear fluid making tiny hair cells hypersensitive to any movement, almost as though they were sunburned.

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